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## The crazy iron stomachs of the human race.

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You know what I love doing? Trying various cuisines and foods from the various races around the galaxy. From the gorathons of Alapanthia, to the articulatiums of Horintahtitotuaid, the galaxy has it's fair share of delicious dishes. But none are quite as delicious, or potentially deadly as the various dishes from Earth.

For example, a popular drink among humans is Coffee. It's a brown bitter liquid with caffeine as a key ingredient. That's right, one of the most deadly poisons in the galaxy is something humans consume a LOT of. It's in a hefty amount of their drinks besides coffee too. For them the effects of caffeine vary. For neurotypical humans, caffeine acts as a stimulant, like a booster for their brains. Similar in effect to their oh so infamous adrenaline. For Humans with the Neurodivergency known as "ADHD" however, it helps calm them down and control their energy levels.

Humans also consume plenty of capsaicin. You know, the stiff that literally sets some people on fire? Yeah that stuff? Humans throw it on some of their foods for *fun*. It has no health benefit, they just *like* the pain of it. Seriously, humans are a wierd bunch.

But they also have plenty of very delicious foods that are safe for other races to eat. One of my favorites that I'm eating as I type this, is a dish popular in North America on Earth, known as Cornbread. Bread is humanity's foundational food, that food type that helped kickstart civilization with it's energy dense makeup. Cornbread is a variation of it with cornmeal, a product made from the vegetable known as Corn, or sometimes Maize, as a key ingredient. It alongsidr many breads such as bananabread, and garlic bread (which is unfortunately also toxic toward most life), are extremely popular, and bread itself is present in almost every human meal.

Humans also enjoy a variety of drinks, such as tea, and coffee, (both are extremely popular, but due to caffine present in most teas and coffees, are potentially lethal for most sentients), along with "soft" drinks like soda (also referred to as pop), and hard drinks like beer, whiskey, and wine.

The "hard" in hard drinks refers to the drink containing another highly toxic chemical known as alcohol. Humans get high off of this substance, and can die if too much is consumed. This chemical impairs their judgement and their mental and physical facilities. That's right, they actively ingest chemicals that put them in harms way!

Human dishes also include many non-toxic foods too, however. Rice, the most popular food, along with vegetables such as carrots, corn, and potatoes, are all extremely healthy for most sentients. Same with "fruits", a unique food group to Earth, that are jam-packed with oh so precious natural sugars. In fact, Earth is the #1 supplier of galactic natural sugars, hence the "sweet boom" when they were introduced to the galaxy, after the second Human-Kylonti War. These fruits and vegetables have become

mainstays of human diets, and are grown on all planets suitable and owned by Humanity, or it's select allies, like the Potothiarans, who were suffering a mass famine before Earth gifted many of these crops to the planet.

Needless to say, Earthling cuisines have seriously reshaped the diets of many citizens of the Galaxy, but Earth's food will always be a gamble of delicious delicacies, or poisonous last meals. This has been your Favorite Blogger and Chef Extraordinaire Garthak, wishing you a Bon Appétit. And as always, goodbye and goodnights!